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PUBLIC HEALTH WEEKLY UPDATE:
COVID-19
July 17, 2020

Below is a summary related to the Town of Belmont's response to the COVID-19 (Coronavirus) pandemic. The Town of Belmont is committed to providing information including this weekly update on the COVID-19 situation. Numbers related to COVID-19 and other pertinent information are updated daily on the [Town's website](#).

The Town of Belmont currently has 233 *cumulative* confirmed cases of COVID-19. There have been a total of 60 COVID-19 related deaths in the Town of Belmont, 57 of which are confirmed by filed death certificates with the Town Clerk's Office and 3 are *unconfirmed*.

The Massachusetts Department of Public Health (MDPH) continues to provide weekly reports of COVID-19 data by city or town as part of its [Dashboard for COVID-19 Cases, Quarantine and Monitoring](#). MDPH updates this list once a week on Wednesdays.

COVID-19 stats

Data recently released by MDPH suggests that Belmont has done a good job over the past four months at mitigating the spread of the COVID-19 virus on a local level.

- From January 1st to July 1st of this calendar year, Belmont's rate of positive tests for COVID-19 was 9.85% (229 positive cases / 2325 persons tested).
- Belmont's positive test rate in the two weeks that ended on July 15th, was 0.55%.

Unfortunately, this good news does not mean things can immediately go back to *normal* in a pre-COVID-19 sense. As COVID positive cases have recently begun to surge in many other parts of the country, which either reopened too soon or never shut down fully to mitigate the impact of COVID, we can learn as a community from some of their missteps. The key to keeping the community healthy and to minimize the spread of COVID-19 is a tough ask, but we want to remind residents to continue to engage in commonly accepted social distancing practices, stay home when you are sick, and to please wear a facemask when unable to safely distance yourself from others when indoors and outdoors.



A Reminder: Why it is important to wear a cloth face covering

Cloth face coverings may help prevent people who have COVID-19 from spreading the virus to others. Wearing a cloth face covering will help protect people around you, including those at [higher risk of severe illness](#) from COVID-19 and workers who frequently come into close contact with other people (e.g., in stores and restaurants). Cloth face coverings are most likely to reduce the spread of COVID-19 when they are widely used by people in public settings. The spread of COVID-19 can be reduced when cloth face coverings are used along with other [preventive measures](#), including [social distancing](#), frequent handwashing, and cleaning and disinfecting frequently touched surfaces.

The cloth face coverings recommended are not surgical masks or respirators. Currently, those are critical supplies that should be reserved for healthcare workers and other first responders. Cloth face coverings are not personal protective equipment (PPE). They are not appropriate substitutes for PPE such as respirators (like N95 respirators) or medical facemasks (like surgical masks) in workplaces where respirators or facemasks are recommended or required to protect the wearer.

Cloth face coverings should **not** be worn by:

- Children younger than 2 years old
- Anyone who has trouble breathing
- Anyone who is unconscious, incapacitated, or otherwise unable to remove the cloth face covering without assistance



For more information on face coverings: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/when-and-how-to-use-masks>

Phase 3, Step 1: Youth and Adult Amateur Sports Activities Guidance

This guidance will not apply to fall K-12 and other youth sports activities. School and other youth sports activities guidance for the fall is currently under development and will be jointly issued by the Massachusetts Executive Office of Energy and Environmental Affairs (EEA) and the Department of Elementary and Secondary Education (DESE).

In Phase 3, Step 1, businesses and other entities are permitted to operate youth and adult amateur sports and other recreational activities subject to the limitations set forth below.

Outdoor and Indoor Sports and Athletic Facilities Organizations, businesses, schools and government entities that operate outdoor or indoor sports facilities, such as athletic fields, courts and other playing surfaces, pools, and sailing and boating facilities can open their premises and facilities for use by adults and youth in Phase 3, Step 1 provided that the safety measures outlined by the state are implemented by facility operators and activity organizers. Such athletic facilities subject to this guidance include:

- Gymnastics Facilities
- Indoor & Outdoor Pools
- Indoor and Outdoor Athletic Fields and Courts
- Ice Rinks
- Tracks
- Indoor Gymnasiums
- Martial Arts & Dance Facilities
- Indoor Racquet Courts
- Indoor Batting Cage Facilities

Fitness Centers and Health Clubs must follow the Sector Specific Workplace Safety Standards for Fitness Centers and Health Clubs to Address COVID-19. Pool Facilities (both indoor and outdoor) must ensure compliance with the Safety Standards for Public and Semi-Public Pools. Recreational camps or other programs that are subject to 105 CMR 430.000 must follow the requirements outlined in the Massachusetts Child and Youth Service Programs Reopen Approach: Minimum Requirements for Health and Safety.

More information can be found by following the links below to learn more about the reopening of:

Fitness centers and health clubs:

<https://www.mass.gov/info-details/safety-standards-and-checklist-fitness-centers-and-health-clubs>

Pool facilities:

<https://www.mass.gov/doc/safety-standards-for-public-and-semi-public-swimming-pools/download>

Recreational camps:

https://eeclead.force.com/resource/1591036172000/Min_Reg

Sports and recreational activities allowed during Phase 3, Step 1

The ability to participate in sports and recreation activities is determined by a combination of (1) risk of transmission of COVID-19 inherent in the sport or recreation activity itself and (2) level of risk associated with the “Type of Play”. In Phase III, Step 1, subject to the limitations and guidelines set forth below:

- Sports and activities included in the **Lower Risk** category can participate in Level 1, 2, 3, 4 type of play.
- Sports and activities included in the **Moderate Risk** category can participate in Level 1, 2 and 3 type of play.
- Sports and activities included in the **Higher Risk** category can participate in Level 1 type of play

Standards for sports & recreational activities in Phase 3, Step 1: Risk Levels

recreation activities are categorized as “**Lower Risk**,” “**Moderate Risk**,” and “**Higher Risk**.”

Lower Risk sports and recreation activities are characterized by:

- Sports or activities that can be done with social distancing
- Examples of sports or activities that can be done individually: *Batting cages, tennis, pickleball, swimming, catch, disc golf, golf, individual biking, surfing, horseback riding, individual sailing, fishing, hunting, motor sports, yoga & no contact exercise classes, gymnastics*

Moderate Risk sports and recreation activities are characterized by:

- Examples of sports or activities that involve intermittent contact, but with protective equipment or mitigating measures in place that may reduce the likelihood of respiratory particle transmission between participants (e.g., wearing masks, modifying play: *Baseball, softball, crew/sailing (2-3 people in a boat), track and field, cross country, running clubs, team swimming, volleyball, dance class, fencing, field hockey, no-contact lacrosse*

Higher Risk sports and recreation activities are characterized by:

- Examples of sports that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants: *Football, wrestling, soccer, rugby, basketball, lacrosse, ice-hockey, competitive cheer, martial arts, crew/sailing (more than 3 people in a boat), ultimate frisbee.*

Type of Play: The following types of play are defined by level from least to greatest risk.

- **Level 1:** Individual or socially distanced group activities (no-contact workouts, aerobic conditioning, individual skill work, and drills)
- **Level 2:** Competitive Practices (Intra-team/group games, contact drills and scrimmages)

- **Level 3:** Competitions (Inter-team games, meets, matches, races, etc.) • **Level 4:** Tournaments (Outdoor only)

For the purposes of these guidelines, a “**Competition**” is defined as multiple participants or two teams competing against one another in a single contest. A competition includes, inter-team games, matches, shows, meets, and races.

A “**Tournament**” is a formal contest that consists of multiple games between multiple persons or teams, that might include multiple stages, played in a condensed period of time, such as over the course of a single day or multiple days in a row. In Phase 3, Step 1, only outdoor Tournaments are allowed for Lower Risk Sports.

For further guidance around sports and recreational activities regulations, please visit:

<https://www.mass.gov/doc/outdoor-recreation-reopening-presentation-phase-iii-step-1/download>



BELMONT FOOD PANTRY HOURS

The Food Pantry will be **OPEN** on a limited basis for **July, August & September** from **8:30–10:00 am** for Belmont residents to receive food or to drop off donations. The pantry will **NOT** be open on any other days.

SATURDAY, JULY 25TH
SATURDAY, AUGUST 1ST
SATURDAY, AUGUST 15TH
SATURDAY, SEPTEMBER 5TH

GO TO OUR WEBSITE/FACEBOOK PAGE FOR CONTINUED UPDATES

<https://sites.google.com/site/thebelmontfoodpantry/>

<https://www.facebook.com/BFPantry/>

The Belmont Food Pantry will be open to distribute food from 8:30 – 10:00 a.m. on the dates listed above. The distribution will still be a drive-thru with everyone remaining in their car, pulling up to the volunteer to check in and another volunteer will put the bag(s), per family, into the car. Walkers PLEASE keep a distance from each other and Food Pantry volunteers WILL COME to you. Belmont residents who are coming to receive food, please remember to bring your ID and have it ready before you get to the check in. Click here for the application and instructions: <https://sites.google.com/.../thebelmont.../home/new-client-forms>



Belmont Helps: Ways to Help Our Community

[Donate](#) | [Volunteer](#) | [Ask for Help](#) | [Find Resources](#) | [Request or Help Sew Masks](#)

Belmont Helps, a Winn Brook Parent Teacher Association Committee, is a 100% volunteer organization founded on March 14, 2020 to connect Belmont area community members in need during the COVID-19 outbreak to resources and volunteers. More information can be found at www.belmonthelps.org. Contact belmonthelps@gmail.com or leave a message at (617) 993-0162 for a call back from a team member.

Belmont COVID-19 Informational Call Center and Email

For general COVID-19 questions not specific to the Town of Belmont, all Massachusetts residents encouraged to call the state's 2-1-1 hotline that is staffed by operators 24/7 and with translators available in multiple languages. Residents with questions can dial 2-1-1 from any landline or cellphone or use the live chat option on the on the [Mass 2-1-1 website](#).

The Town of Belmont has also established a call center to allow residents to ask non-medical questions specific to COVID-19 in Belmont. The call center will be staffed Monday through Friday from 8am to 4pm the number for the call center is (617) 993-2222. Questions can also be emailed to: belmontec@belmont-ma.gov .

Please call 9-1-1 in the event of an emergency. Calls should not be made to 9-1-1 to obtain information about COVID-19